

Visualization Exercise: Candle Scene

The purpose of this visualization scenario is to provide you with a scene that completely absorbs your attention and distracts you away from your anxious thoughts. As you become absorbed in the scene you will deepen your state of relaxation and will notice changes in your body. Your muscles will become less tense, your heart rate will slow, and your breathing will deepen. In this scene, you will imagine being in a room of candles.

Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.

Take a deep breath in through your abdomen, hold for a few seconds, and exhale slowly.

As you breathe, notice your stomach rising and your lungs filling with air.

Breathe in...and out

As you exhale, imagine the tension in your body being released and flowing away.

Inhale... exhale. Feel your body already relaxing.

As you go through each step, remember to keep breathing.

Inhale...exhale

You are becoming relaxed, calm, peaceful. Feel the weight of your body, the limpness of your arms and legs.

A wave of relaxation is flowing from your head, down to your neck, chest, back, arms, legs, and feet.

Breathe in...and out

Now imagine yourself walking into a small room, filled with candles.

The room is illuminated only by candlelight. In the center of the room is a plush pallet of blankets and pillows. You lie down on the blankets, allowing your body to sink into the softness beneath you.

You begin to feel your tension leaving. A sense of peace flows over your entire body.

Breathe in...and out

As you lie peacefully in the room, you watch the flickering of the candlelight. You see the soft halo of light around the flame. As you watch, you notice the scene relaxing you even more.

Breathe in...and out

You begin to take a closer look at the candle, noticing its color, its shape, and its scent. You see the colors of the flame.

You breathe in and take in your favorite aroma.

You feel safe, warm, and calm.

You begin to appreciate the tranquility of the room.

Breathe in...and out

Imagine the candles melting away all the tension in your body. You feel totally relaxed.

When you are ready, slowly begin to turn your attention back to your environment, notice the sounds of the room. You continue to feel peaceful and calm.

Slowly open your eyes and stretch your body, notice how rejuvenated you feel.

Once you have returned to your usual level of alertness, resume your day, continuing to feel relaxed.